



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03934, Babyfood, corn and sweet potatoes, strained

Report Date: July 04, 2017 21:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	82.62	--	--	23.42
Energy	kcal	68	--	--	19
Energy	kJ	287	--	--	81
Protein	g	1.26	--	--	0.36
Total lipid (fat)	g	0.28	--	--	0.08
Ash	g	0.61	--	--	0.17
Carbohydrate, by difference	g	15.23	--	--	4.32
Fiber, total dietary	g	1.8	--	--	0.5
Sugars, total	g	4.00	--	--	1.13
Sucrose	g	0.60	--	--	0.17
Glucose (dextrose)	g	0.05	--	--	0.01
Fructose	g	0.05	--	--	0.01
Lactose	g	0.00	--	--	0.00
Maltose	g	0.03	--	--	0.01
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	18	--	--	5
Iron, Fe	mg	0.31	--	--	0.09
Magnesium, Mg	mg	10	--	--	3
Phosphorus, P	mg	29	--	--	8
Potassium, K	mg	154	--	--	44
Sodium, Na	mg	14	--	--	4
Zinc, Zn	mg	0.19	--	--	0.05

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Copper, Cu	mg	0.051	--	--	0.014
Manganese, Mn	mg	0.000	--	--	0.000
Selenium, Se	µg	1.1	--	--	0.3
Fluoride, F	µg	0.5	--	--	0.1
Vitamins					
Vitamin C, total ascorbic acid	mg	5.0	--	--	1.4
Thiamin	mg	0.018	--	--	0.005
Riboflavin	mg	0.041	--	--	0.012
Niacin	mg	0.444	--	--	0.126
Pantothenic acid	mg	0.323	--	--	0.092
Vitamin B-6	mg	0.060	--	--	0.017
Folate, total	µg	14	--	--	4
Folic acid	µg	0	--	--	0
Folate, food	µg	14	--	--	4
Folate, DFE	µg	14	--	--	4
Choline, total	mg	10.2	--	--	2.9
Vitamin B-12	µg	0.01	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	126	--	--	36
Retinol	µg	1	--	--	0
Carotene, beta	µg	1488	--	--	422
Carotene, alpha	µg	12	--	--	3
Cryptoxanthin, beta	µg	3	--	--	1
Vitamin A, IU	IU	2496	--	--	708
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	215	--	--	61
Vitamin E (alpha-tocopherol)	mg	0.51	--	--	0.14
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.6	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.053	--	--	0.015

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4:0	g	0.001	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.001	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.002	--	--	0.001
16:0	g	0.045	--	--	0.013
18:0	g	0.005	--	--	0.001
Fatty acids, total monounsaturated	g	0.071	--	--	0.020
16:1 undifferentiated	g	0.001	--	--	0.000
18:1 undifferentiated	g	0.071	--	--	0.020
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.123	--	--	0.035
18:2 undifferentiated	g	0.117	--	--	0.033
18:3 undifferentiated	g	0.006	--	--	0.002
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	1	--	--	0
Amino Acids					
Tryptophan	g	0.017	--	--	0.005
Threonine	g	0.052	--	--	0.015
Isoleucine	g	0.059	--	--	0.017
Leucine	g	0.114	--	--	0.032
Lysine	g	0.066	--	--	0.019
Methionine	g	0.033	--	--	0.009
Cystine	g	0.017	--	--	0.005
Phenylalanine	g	0.053	--	--	0.015
Tyrosine	g	0.056	--	--	0.016
Valine	g	0.074	--	--	0.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Arginine	g	0.057	--	--	0.016
Histidine	g	0.038	--	--	0.011
Alanine	g	0.065	--	--	0.018
Aspartic acid	g	0.135	--	--	0.038
Glutamic acid	g	0.210	--	--	0.060
Glycine	g	0.041	--	--	0.012
Proline	g	0.118	--	--	0.033
Serine	g	0.057	--	--	0.016
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0